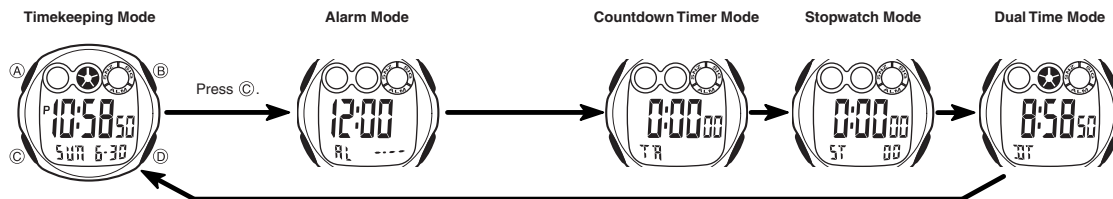


General Guide

- Press **C** to change from mode to mode.
- In any mode, press **B** to illuminate the display.

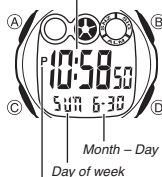
- In any mode, hold down **C** for about two seconds to return to the Timekeeping Mode.



Timekeeping

Hour : Minutes Seconds

Use the Timekeeping Mode to set and view the current time and date.



To set the time and date

1. In the Timekeeping Mode, hold down **A** until the seconds start to flash, which indicates the setting screen.
2. Press **C** to move the flashing in the sequence shown below to select other settings.



PM indicator

3. When the setting you want to change is flashing, press **D** to change it as described below.

To change this setting	Perform this button operation
Seconds	Press D to reset to 00.
Hour, Minutes, Year, Month, Day	Press D to increase the setting.

- Pressing **D** while the seconds are in the range of 30 to 59 resets them to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
- 4. Press **A** to exit the setting screen.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

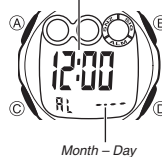
To toggle between 12-hour and 24-hour timekeeping

- In the Timekeeping Mode, press **D** to toggle between 12-hour timekeeping and 24-hour timekeeping.
- With the 12-hour format, the **P** (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears to the left of the hour digits for times in the range of midnight to 11:59 a.m.
 - With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
 - The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

Alarm

Hour : Minutes

The multi-function alarm lets you specify the hour, minutes, month, and day for the alarm. You can set up the alarm so it sounds once when the alarm time is reached, or for a snooze alarm that repeats up to seven times, every five minutes. You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.



- Pressing **D** in the Alarm Mode toggles between the alarm screen (Alarm time displayed) and the Hourly Time Signal screen (:00 displayed).
- An alarm setting (and an Hourly Time Signal setting) is available in the Alarm Mode, which you enter by pressing **C**.

Alarm Types

The alarm type is determined by the settings you make, as described below.

- **Daily alarm**
Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.
- **Date alarm**
Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.
- **1-Month alarm**
Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at time you set, only during the month you set.
- **Monthly alarm**
Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at time you set, on the day you set.

To set an alarm time



1. In the Alarm Mode, press **D** to display the alarm screen.
2. Hold down **A** until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation automatically turns on the single alarm.
3. Press **C** to move the flashing in the sequence shown below to select other settings.



4. While a setting is flashing, press **D** to increase it.
 - To set an alarm that does not include a month (Daily alarm, Monthly alarm), set - for the month. Press **D** until the - mark appears (between 12 and 1) while month setting is flashing.
 - To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set -- for the day. Press **D** until the -- mark appears (between the end of the month and 1) while the day setting is flashing.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. or p.m. (P indicator).
5. Press **A** to exit the setting screen.

Alarm Operation

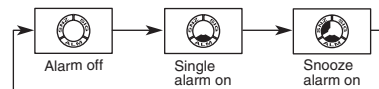
- The alarm tone sounds at the preset time for about 10 seconds. In the case of the snooze alarm, the alarm repeats up to seven times every five minutes.
- Pressing any button stops the alarm tone operation.
 - The alarm and the Hourly Time Signal sound in all modes.

To select the alarm type

Alarm on/off indicator



1. In the Alarm Mode, press **D** to display the alarm screen.
2. Press **A** to cycle through the available alarm settings shown below.



- The alarm on indicator and the snooze alarm on indicator are shown on the display in all modes while these functions are turned on.
- The snooze alarm on indicator flashes during the 5-minute intervals between alarms.
- Displaying the Alarm Mode setting screen automatically changes the alarm type to single alarm.
- Changing the Timekeeping Mode setting screen during a 5-minute interval between snooze alarms stops the current snooze alarm operation (but snooze alarm remains as the alarm type setting).
- If a snooze alarm time is reached while you are setting the current time in the Timekeeping Mode, the alarm sounds only once. Subsequent snooze alarm operations are not performed.

Stopping a Snooze Alarm Operation

After a snooze alarm time is reached, you can perform the following steps during any 5-minute interval between alarms to stop the snooze alarm operation.

To stop a Snooze Alarm Operation

1. While in the Alarm Mode, press **D** to display the alarm screen.
 2. Next, press **A** to turn off the alarm or to select the single alarm.
- Note that this also changes the alarm type setting. If you want to use the snooze alarm again, you must re-select it as the alarm type. See "To select the alarm type" for more information.

To test the alarm

- In the Alarm Mode, hold down **D** to sound the alarm.

To turn the Hourly Time Signal on and off

1. In the Alarm Mode, press **D** to display the Hourly Time Signal screen.
2. Press **A** to turn it on and off.



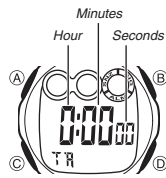
Indicates Hourly Time Signal is on.



Indicates Hourly Time Signal is off.

- The Hourly Time Signal on indicator is shown on the display in all modes while this function is turned on.

Countdown Timer



The countdown timer can be set within a range of 1 minute to 24 hours. An alarm sounds when the countdown reaches zero.

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- Countdown timer functions are available in the Countdown Timer Mode, which you enter by pressing **C**.

To use the countdown timer

Press **D** while in the Countdown Timer Mode to start the countdown timer.

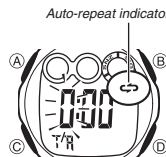
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
- Press **D** while a countdown operation is in progress to pause it. Press **D** again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing **D**), and then press **A**. This returns the countdown time to its starting value.

To set the countdown start time



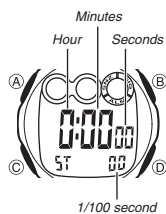
- In the Countdown Timer Mode, hold down **A** until the hours setting of the countdown start time starts to flash, which indicates the setting screen.
- Press **C** to move the flashing between the hours and minutes settings.
- While a setting is flashing, use **D** to change it.
 - To set the starting value of the countdown time to 24 hours, set **24:00**.
- Press **A** to exit the setting screen.

To turn auto-repeat on and off



- In the Countdown Timer Mode, hold down **A** until the hours setting of the countdown start time starts to flash, which indicates the setting screen.
- Press **B** to toggle auto-repeat on (↻ displayed) and off (↻ not displayed).
 - Note that pressing **B** in the above operation also turns on the backlight.
- When the end of the countdown is reached while auto-repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing **D** and manually reset to the start time by pressing **A**.
- The auto-repeat indicator appears in the Countdown Timer Mode only.

Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **C**.

To measure times with the stopwatch

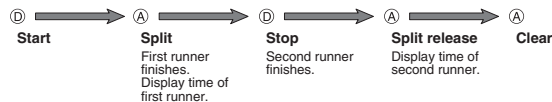
Elapsed time



Split time



Two Finishes



Dual Time

The Dual Time Mode lets you keep track of time in a different time zone.

- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.

To set the Dual Time

Hour : Minutes Seconds



- Press **C** to enter the Dual Time Mode.
- In the Dual Time Mode, hold down **A** until the hour setting starts to flash, which indicates the setting screen.
- Press **C** to change the selection in the following sequence.



- Press **D** to increase the setting.
- Press **A** to exit the setting screen.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Auto return features

- If you leave a screen with flashing digits for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

Data and Setting Scrolling

The **D** button is used to scroll through setting screen data on the display. Holding down this button during a scroll operation scrolls through the data at high speed.

Backlight Precautions

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. In any mode, press **B** to illuminate the display for about one second.

- The EL panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.